

These exercises will help you start caring for your pelvic floor.

We recommend that you start by becoming aware of your breathing, body posture and movement of your pelvis and then move on to stretch muscles that are often tense.



BEHAVIOURAL RE EDUCATION:

- Pee regularly: try going every 2 3 hours during the day and once at night.
- Make sure you empty your bladder completely without stopping the flow.
- Don't strain when you pee or poo.



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WE HOPE WE HAVE HELPED YOU!

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PHYSIOTHERAPY INFORMATION TO MAINTAIN A HEALTHY PELVIC FLOOR



CARRIED OUT BY THE
REHABILITATION AND
PHYSIOTHERAPY SERVICE,
PELVIC FLOOR UNIT OF
THE COSTA DEL SOL
UNIVERSITY HOSPITAL



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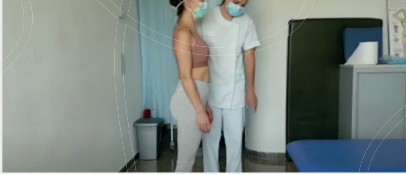


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Breathing exercises



Proper posture



Pelvic tilt



Iliopsoas stretch



Adductor stretch



Pyramidalis stretch



EXERCISE TO GAIN AWARENESS OF THE PELVIC FLOOR MUSCLES:

Lie on your back with legs bent,

◊ Lubricate a finger with water or lubricant and insert it in the vagina or anus.

◊ Place the other hand on the abdomen and feel that it is relaxed.

◊ Breathe out through your mouth slowly while squeezing your finger as if trying to control pee or poo coming out.

◊ Make sure your buttocks and legs are relaxed, as well as your abdomen.

◊ Tense up your muscles for 10 seconds as you breathe out and relax them for 5 - 10 seconds as you breathe in again.



Correct hydration



Breathing and hypopressive exercises

RECOMMENDATIONS

Keep a healthy weight

Avoid high-impact sports (jumping) and strenuous exercise

Avoid stimulants such as: alcohol, caffeine, tobacco

Avoid becoming constipated: walking, eat foods with fiber

Keep well hydrated



Toning and stretching



Sit correctly on the toilet to empty your bowels

HYGIENIC-DIETARY MEASURES



Healthy diet



Set a toilet routine